

E-NUMBERS

E-numbers are reference numbers used by the European Union to facilitate identification of food additives. All food additives used in the European Union are identified by an E-number.

Food additives are added to food to make it safer, keep it longer, stop the growth of bacteria, mould, and stop food going stale. They also aid processing as emulsifiers, raising agents, preservatives and improve food in terms of colour, taste, texture and nutritional value. The "E" stands for "Europe" or "European Union". Normally each food additive is assigned a unique number, though occasionally, related additives are given an extension ("a", "b", or "i", "ii") to another E-number.

100-199	food colours
200-299	preservatives
300-399	antioxidants, phosphates, and complexing agents
400-499	thickeners, gelling agents, phosphates, humectants, emulsifiers
500-599	salts and related compounds
600-699	flavor enhancers
700-899	not used for food additives (used for feed additives)
900-999	surface coating agents, gases, sweeteners
1000-1399	miscellaneous additive
1400-1499	starch derivatives

HALAAL OR HARAAM?

In general, the origin of the additive must be known to determine if it qualifies as Halaal. If the origin is a Halaal source, then it will be Halaal. If the origin is a Haraam source, it will be Haraam. There are literally hundreds of E-numbers that could either be Halaal or non-Halaal depending on the source of the raw



material. They need to be investigated on a case-by-case basis to establish their Halaal/Haraam status.

HARAAM

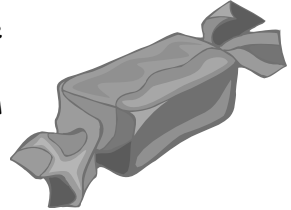
The under mentioned E-Numbers must always be **avoided**:

E120 Cochineal Carmine- a red colour obtained from female insects.

E441 Gelatine -derived mostly from hides of cattle and pigs. Avoid unless confirmed to be from Halaal animals.

E542 Edible Bone Phosphate - an extract from animal bones.

E904 Shellac - a resin from lac insect.



DOUBTFUL/INVESTIGATE FURTHER

**E-153 E-160 E-161 E-252 E-270 E-304 E-322 E-422 E-430
E-431 E-432 E-433 E-434 E-435 E-436 E-442 E-445 E-470
E-471 E-472 E-473 E-474 E-475 E-476 E-477 E478 E-479 E-481
E-482 E-483 E-491 E-492 E-493 E-494 E-495 E-570 E-572
E-585 E-631 E-635 E-640 E910 E-920 E-921**

The above E-Numbers can either be from a Halaal or Haraam source. For example, E-322 refers to Lecithin. Lecithin can either be from an animal source or a plant source. Soya Lecithin is a Halaal ingredient. The fact that E-322 is listed as one of the ingredients of a product does not make it Haraam. The source needs to be investigated to determine its status.

Muslims are required to eat pure (Halaal) food. With the complexity of the food industry it is difficult for the Muslim consumer to determine the appropriateness of many food products. For more information, please contact **ZAMHA** to verify the source of the E-number. Of course, there is no substitute for authentic, certified Halaal products.



HALAAL HELPLINE:

095-600-786

